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Healthy Minds Healthy Schools

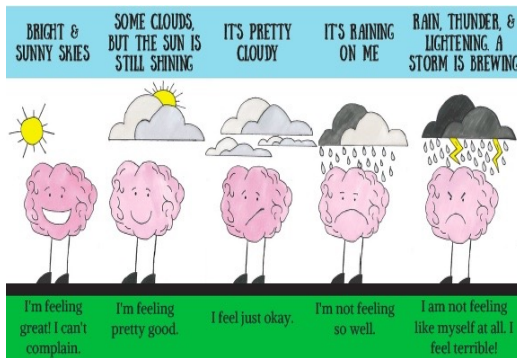
Childhood Anxiety and Regulation of
Emotions Research Group



Our Mission

Healthy Minds Healthy Schools is a curriculum-based program for elementary school children aimed at improving children's social, emotional, behavioural, and academic functioning.

Our unique program integrates components of emotion regulation, mindfulness, and metacognition, providing children with practical strategies they can use in everyday life.



In just 16 sessions, children will learn how to:

- Recognize and accept emotions
- Link thoughts, feelings and bodily sensations
- Regulate negative emotions (anxiety, worry, anger, and sadness)
- Practice gratitude and self-compassion
- Set and work toward realistic goals
- Problem solve and resolve conflicts

How Does It Work?

Through guided instruction, reflection and group activities children will have the opportunity to improve their executive functioning and emotion regulation skills.

Training in these areas is associated with benefits in social, emotional and academic domains.

Benefits of our program include:

- Resilience to stress and anxiety
- Increased executive control (attention, inhibition and cognitive flexibility)
- Enhanced academic performance
- Reductions in problem behaviours
- Improved social skills (cooperation and healthier relationships)
- Positive self-concept



Research has shown that a child's emotional and behavioural regulation is predictive of their future social and academic competence.

(Bulotsky-Shearer, Dominguez, Bell, Rouse, & Fantuzzo, 2010)



By promoting positive social and emotional development, the *Healthy Minds Healthy Schools* program will help equip children with the tools they need to succeed.